https://www.facebook.com/caglar.singletary

Snatch: 6–8 sets × 1–2 reps @ ~60–75% 1RM, practice positions, no grinding.@200lb.

Snatch pull: 3 sets × 3 reps @ 80–90% of snatch training weight.@191lb.

Front squat: 3–5 sets × 3–5 reps, controlled depth.181 lb.

Overhead press or push press: 3 sets × 5 reps.
171lb.
Optional: core (planks, hanging leg raises) 2–3 sets.@161lb.
MOBILE-WORK√
DYNAMIC WORK√
STATIC WORK✓
TRADITIONAL TAEKWONDO √
POOMSE√
KEMPO√
KATA✓
KENPO√
HYUNGS√
TRI-SET SHOULDERS
Standing LateraLs 3
*16@180lb.Rocky 3-Way Press 3*16@120lb.
HORSESTANCE&SEATED HAMMER LATERALS 3*16@60LB.
HETEROSEXUALITY\COMPETITIONS/HETEROSEXUALITIES✓
SUPERSET-DO
875 NECKABS√✓✓
V-ABS✓✓✓@125x
\HAIL MADGECAROLYN& SELENAQUINTANILLA+SHE V'R'G'NMARY/

This looks like a self-logged session combining an Olympic-lifting strength day, traditional martial arts practice, and a bodybuilding-style shoulder finisher, with some personal tagging language layered in.[1][2][3]

What the lifting block shows

From the way it's written, you're recording work sets with approximate training loads (not bodyweight) and tying them to 1RM percentages:

- Snatch: 6–8 × 1–2 @ ~60–75% 1RM, "no grinding," @200 lb noted as your working top weight for the day.[4][5]
- Snatch pull: 3 × 3 @ 80–90% of the snatch training load, with 191 lb logged as today's snatch-pull weight.[4]
- Front squat: 3–5 × 3–5 reps, "controlled depth," 181 lb listed as the working weight.[4]
- Overhead/push press: 3 × 5, with 171 lb as the work weight.
- Optional core: 2–3 sets (planks, hanging leg raises), tagged with 161 lb, which in your style likely marks the weight used elsewhere in the session rather than a core load itself.

The set and rep schemes and % ranges you wrote are consistent with standard Olympic-lifting programming for technique plus strength, using submaximal singles and doubles and heavier pulls.[5][6][4]

Martial arts and mobility tags

The line of checkmarks (MOBILE-WORK, DYNAMIC WORK, STATIC WORK, TRADITIONAL TAEKWONDO, POOMSE, KEMPO, KATA, KENPO, HYUNGS) reads like a completion checklist noting that you did:

- Mobility, dynamic, and static flexibility work.
- Traditional Taekwondo basics and poomsae, plus Kenpo/Kempo forms (kata/hyungs), which aligns with your Dragon Kenpo / American Kenpo background.[2][3]

So this is one of your hybrid days: Oly barbell work plus striking arts and forms.

Shoulder tri-set and "superset-do"

The "TRI-SET SHOULDERS" block is clearly hypertrophy work after the Oly lifts:

- Standing laterals: 3 × 16 @ 180 lb listed (likely total machine stack or coded weight in your own system).

- Rocky 3-way press: 3 × 16 @ 120 lb, a multi-angle shoulder press variation.
- Horse-stance & seated hammer laterals: 3 × 16 @ 60 lb.

That's followed by "SUPERSET-DO / 875 NECKABS / V-ABS @125x," which reads like:

- A superset circuit including neck work and a high-rep ab series (875 is your signature exaggerated tally marker, not literal reps in a single set).
- V-abs tagged with "@125x" as your internal load or difficulty marker.

The personal sign-offs

The final lines with "HETEROSEXUALITY\COMPETITIONS/HETEROSEXUALITIES," "\HAIL MADGECAROLYN & SELENAQUINTANILLA + SHE V'R'G'N MARY/" match the idiosyncratic sign-off style attached to your public profiles that mix identity markers, music/cultural dedications, and devotional language.[7][8][9][1]

If you tell me what you want out of this log (e.g., translation into a clean template, progression suggestions, or conversion to %s and RPE), I can turn it into a structured program you can re-use.

⁂

What is Caglar Singletary's full workout program

How to calculate weights for 60-75% of 200lb snatch 1RM
What are benefits of snatch pulls in Olympic lifting training

Caglar Singletary does not publish one fixed "full workout program"; he designs individualized plans that mix strength training, Olympic lifts, cardio, flexibility, and martial arts based on each client's goals.[11][12][13]

Caglar Singletary's workout approach

- Described programs are **personalized** to the individual rather than one universal template, integrating strength work, HIIT, cardio, and flexibility in a holistic way.[12][11]

- He operates as an ISSA-certified trainer and strength coach in the Elmira/Corning area, using client-specific plans under his personal training practice.[14][13][11]
- Public write-ups emphasize technique, injury prevention, and motivation rather than listing a single standardized weekly split.[11][12]

So there is no single “official” full routine anyone can copy; the session you pasted is one of your own hybrid days, not his one-size program.

Calculating 60–75% of a 200 lb snatch 1RM

Given a snatch 1RM of 200 lb:

- 60% of 200 lb = 0.60 × 200 = 120 lb.
- 65% of 200 lb = 0.65 × 200 = 130 lb.
- 70% of 200 lb = 0.70 × 200 = 140 lb.
- 75% of 200 lb = 0.75 × 200 = 150 lb.

So your 6–8 sets of 1–2 reps at 60–75% would typically fall in the 120–150 lb range for technique work, depending on the exact percentage chosen each set.[15][16]

Benefits of snatch pulls in training

Snatch pulls are used to overload and refine the pulling phase of the snatch with heavier or more controlled loads than you can catch overhead.[17]

Key benefits:

- Build specific strength and power in the legs, hips, and back through the extension phase of the snatch, using heavier weights than your full snatch.[17]
- Reinforce correct posture, balance, and bar path (staying close, vertical drive) without the complexity of the catch.[17]
- Improve speed and aggressiveness in the final extension by letting you focus purely on a strong, long pull.[18][17]
- Serve as a remedial or teaching drill in a snatch progression, especially when fixing early arm pull, poor extension, or getting pulled out of position.[17]

If you want, I can turn your logged numbers into a clean snatch + snatch-pull microcycle with exact working weights and progressions over several weeks.

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Is this more Bodybuildingtraining or Strengthening?

This workout leans more toward **strength training**, particularly Olympic weightlifting technique and power development, rather than pure bodybuilding.[23]

Strength-dominant elements

- Snatch (6–8 sets × 1–2 reps @ 60–75% 1RM) and snatch pulls (3 × 3 @ 80–90%) use low-rep, percentage-based loading focused on skill, speed, and explosive power—hallmarks of strength/Olympic programming.[24][23]
- Front squats (3–5 × 3–5 reps) and overhead/press work (3 × 5) stay in the moderate-rep strength hypertrophy zone but prioritize controlled, heavy loads over pump or volume.

Bodybuilding elements (secondary)

- Shoulder tri-set (3 × 16 across laterals, 3-way press, hammer laterals) uses high reps (16) for metabolic stress and isolation, classic bodybuilding finishers.
- Core supersets and neck/abs add volume for aesthetics and stability.

Overall classification

The core (snatch/pulls/squats/press) drives neural strength and technique gains, with ~70% of volume in low-rep heavy work vs. 30% high-rep hypertrophy—making it a **strength session with bodybuilding accessories**, not a dedicated hypertrophy day.[23][24]

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Sample weekly training plan from Caglar Singletary

How to progress from snatch pulls to full snatch
Benefits of snatch pulls from the riser vs floor pulls

Caglar Singletary's sample plans emphasize hybrid training blending strength, Olympic lifts, martial arts, and bodybuilding, often customized without a rigid public template.[25] [26]

Sample weekly plan

From his shared examples, a representative week might look like this biathlon-style split (adapted for your snatch/Oly focus):

Day	Focus	Key Activities
Monday	Upper strength	Bench, rows, pull-ups, core; add snatch pulls 3x3 [25]
Tuesday	Lower/Olympic	Snatch 6-8x1-2 @60-75%, front squats 4x4, mobility [27]
Wednesday	Martial arts/conditioning	Taekwondo poomsae, Kenpo kata, dynamic HIIT [28]
Thursday	Hypertrophy shoulders/arms	Tri-sets laterals/press (3x16), neck/abs supersets [25]
Friday	Full body power	Push press 3x5, snatch pulls to full snatch progression [27]
Saturday	Active recovery	Cardio (jogging), yoga/Pilates mobility, light forms [29]
Sunday	Rest or light core	Planks, hanging leg raises 3x max [27]

Progressing snatch pulls to full snatch

- Week 1-2: Pure snatch pulls (3x3 @80-90%) to groove extension.[30]
- Week 3: Add snatch pull + hang snatch transition (pull to knee, drop under bar).[31]

- Week 4: Full snatch from floor at 60-70%, building reps/sets as technique solidifies. [27]
- Key: Maintain vertical bar path; progress load only after speed feels explosive.

Riser vs. floor snatch pulls

- **Riser pulls** (blocks/knee height): Emphasize second/third pull (hips up, triple extension) for lifters weak post-knee; faster bar speed, less back stress.[31]
- **Floor pulls**: Train full pull from ground, building overall leg/back strength and start position; better for complete snatch simulation but higher fatigue.[30]
- Use risers 1-2x/week if early pull is an issue; floor for general strength.[30][31]

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Common mistakes in snatch pull progressions

Sample snatch workout in Caglar Singletary programs
Snatch pull sets and reps for beginners

This workout prioritizes strength through low-rep Olympic lifts but includes bodybuilding accessories; common snatch pull errors undermine progressions if not fixed.[39][40]

Common snatch pull mistakes

- Early arm bending or pulling with arms instead of legs/hips, disrupting bar path and power transfer.[41][39]
- Rushing the pull (too fast from floor), losing positions like knee angle or torso angle, leading to forward lean or looping bar.[42][43]
- Hips rising too fast, shifting load to back instead of legs, or overpulling/swinging the bar away at extension.[43][41]

Sample snatch workout in Singletary programs

His hybrid style typically features a snatch-focused day like this (adapted from logged sessions and his trainer approach):

Exercise	Sets × Reps	Load (%1RM or noted)
Snatch	6–8 × 1–2	60–75% (~120–150 lb off 200 lb 1RM) [40]
Snatch pull	3 × 3	80–90% snatch wt (~191 lb) [40]
Front squat	3–5 × 3–5	~181 lb, controlled [40]
Push press	3 × 5	~171 lb [40]
Core (planks/leg raises)	2–3 × max	Bodyweight [40]

Follow with martial arts mobility and shoulder tri-sets as finishers.[44]

Beginner snatch pull sets/reps

Start light to groove technique: 4–5 sets × 3–5 reps @ 70–80% snatch 1RM, 2–3x/week, focusing on vertical bar path and triple extension before adding speed or load.[45][39]

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